



**December
2017**

**Lynn Council on
Aging**

**8 Silsbee Street
Lynn, MA 01901**

781-599-0110

LYNN COUNCIL ON AGING SENIOR CENTER

From the Director's Desk

Flakes! Some of my best friends are flakes. In fact, the winter of 1977, after being in my mother's hair all day, she said, "Can you just go outside and make some friends?" So I said, "Okay! Mission accepted!" And went outside and made 37 snowmen of all different shapes and sizes. I had ones with one snowball, ones with two snowballs, and of course, the mother-load, THREE snowballs! It was a beautiful sight, we were happy that night, walking in a winter wonderland. I said goodnight to them from my bedroom window—best part, all my friends greeted me in the morning.

This month, please come in and share your favorite flakey stories. Did you build a better snowman crowd? Maybe you attended the best cookie swap ever! Let us know and we can all share in each other's holiday joy.

~Stacey Minchello

From Your Mayor

It is with a heavy heart I write this, my last letter to you as mayor of this wonderful city. It has been my privilege to serve you for the past eight years. Much has been accomplished during my time in office in terms expanding affordable housing, creating a thriving arts district, encouraging new businesses to open, taking the steps to build the first waterfront development in decades, and more. I have great hope for the future of this city and I wish the best to Tom McGee, who will step into my seat next month.

There will be a few other new faces in City Hall come January. Brian Field will be the newest city councilor-at-large. Richard Starbard will step into a City Council seat left vacant by retiring Councilor William Trahan, representing Ward 2. Newcomers Brian Castellanos and Michael Satterwhite will join the School Committee. I wish them all the best as well.

But for now, I plan on joining you in celebrating this joy-filled month to close out 2017. We have a number of holiday events taking place throughout the city. The Greater Salem Ballet Company will be performing "The Nutcracker" at the Lynn Auditorium on Dec. 2. There will be two shows — one at 12 p.m. and the other at 4 p.m. — for all to enjoy. It certainly will be a kick-off to the season. Next, on Dec. 3, world-renowned Irish singing group Celtic Thunder will take the stage. Two greats of the '70s and '80s, Dennis DeYoung and Eddie Money, will come together to perform on Dec. 8, followed by the Mavericks, a unique band fusing traditional country with traditional rock & roll, on Dec. 9. Finally, The Tenors, an operatic pop group, will perform on Dec. 21. For information and tickets, please visit lynnauditorium.com or call the Box Office at 781-581-2971.

As always, we will have our annual holiday tree lighting, accompanied by music by Lynn Public Schools band and chorus on the steps of Lynn City Hall. Stay tuned for more information.

Hopefully, we will have a mild winter with snowfall, but in the event of a snow emergency, information will be posted on the city website and also broadcast on the radio and local cable channels. Please be careful and avoid any icy walkways, parking lots and driveways. We will do our best to keep the roadways and sidewalks clear for you. For everyone celebrating Christmas, Hanukkah or Kwanzaa, I wish you a wonderful holiday with your loved ones.

Again, it has been an honor to serve the City of Lynn and all of you.

Best wishes,

Mayor Judith Flanagan Kennedy

CUFFE-McGINN FUNERAL HOME
 Dignity
 157 Maple Street • Lynn, MA 01904
 Tel: **781-599-3901**
 Fax: 781-598-2143
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Lynn Council on Aging Senior Center

Publication
funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503

Erica Brown
Program Coordinator ext. 618

Rosa Paulino-Diaz
Activities Assistant ext. 625

Hours of
Operation:

Monday thru Friday

8 a.m. to 4 p.m.

LCOA Board of Directors

Arthur Akers President
Minette Lall Vice President
Lester McClain Clerk
Joseph Bryson
Pam Edwards
Frank LaMacchia
Charles Mitchell
Marlene Vasi Eddy

Meets 4th
Wednesday
monthly at
11:30 a.m.

FRIENDS of LCOA Executive Board

Joan B. Noble President
Ann Breen Vice President
Katherine Brown Treasurer
George Harvey Recording Secretary
Anna Szpak Membership Secretary

Meets last
Thursday of the
month

Meeting Dates: Dec 28 Jan 25 Feb 22 Mar 29
Considering joining the FRIENDS? Come visit us and see what we're all about
 Friendship first, friendly smiles making and raising funds for our senior center.

Tired of waiting for the mail?

Monthly newsletters are posted online:
www.ci.lynn.ma.us

Click City Hall

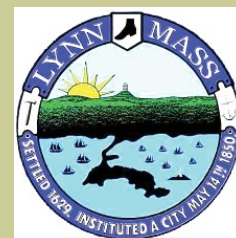
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

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WWW.FACEBOOK.Com/LYNNSENIORCENTER

IN LOVING MEMORY

In loving memory of my wife,
Dr. Thelma Berger

~ **Dr. Harvey Berger**

In loving memory of **Tony Marturano**

~ **Carmelita Marturano**

Thank you for your donation

~ **Sophie Karoumpalis**

Thank you for your donation

~ **Anonymous**

Thank you for your donation

~ **Wayne Lozzi and the West**

Lynn Italian Civic Association

DEDUCTIBLE DONATION

GE matches all donations made

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make

check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

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☐
☐

Person's Name: _____

Send card to: _____

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*"You Should Hear
 What You're Missing"*

 152 Lynnway Ste 1A, Seaport Landing, Lynn, MA 01901
 781.599.1902 • 1.888.HEARITE (432.7483)

Plainridge Casino

\$10



Wed, Jan 17th 8:30am—5:00pm

\$10 free slot play and if you are a new rewards member, you receive a U-spin for a chance to win \$5-\$500.

Pre-paid reservation required. Marquee Rewards card number needed. Bus leaves Lynn Senior Center promptly at 8:30am and leaves the casino promptly at 3:30pm. Book your rides home for 5:00pm.

****In case of inclement weather, trip will be cancelled. Refunds will only be issued if you notify us 24 hours in advance, or we sell your seat.****

BOSTON POPS HOLIDAY SHOW

Thursday, December 7th

Bus departs from the Lynn Senior Center, 8 Silsbee Street, Lynn promptly at 2:30 pm

4pm Matinee Show

Approximate return time to Lynn- 7 pm

No food or beverages allowed inside the Symphony Hall

Silence cell phones and no cameras or recording devices allowed

\$60 paid in full—no refunds unless we sell your seat

Sign up in the senior center before tickets are sold out!



**YOUR
AD
HERE
CALL
TODAY**

7 Liberty Square • Lynn, Massachusetts
 Now Accepting Applications
 Subsidized Elderly Housing
 Call 781-593-5700


TAX HELP

We will be running our tax form program through AARP again this year. To sign up for Friday appointments beginning in February, please call Erica Brown (781-586-8618) or Rosa Paulino-Diaz (781-586-8625)

Lynn Housing Authority Family Success Center is a Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) site. They will help prepare taxes for individuals who make less than \$54,000 annually, individuals with disabilities, and limited English speaking individuals. Beginning the first week in February, call 339-883-2342 to make an appointment.

SENIOR TAX ABATEMENT WORKOFF PROGRAM

Applicants for the Senior Citizen Property Tax Work- Off Abatement must be 60 years of age as of July 1st and a homeowner or spouse of a homeowner in the City of Lynn for a minimum of 5 years. Income eligibility is based on the state Circuit Breaker guidelines: below \$57,000 for single homeowner; \$86,000 for couple.

Copy of income tax return and a picture ID is required with application. If no tax return filed, applicant must submit an IRS Form 4506-T for verification of non-filing.

City employees (individuals on the municipal payroll, full or part time) and their immediate family are not eligible for this program. C.O.R.I check, Privacy Statement, and Confidentiality Agreement required. Applications are available online at www.ci.lynn.ma.us and at the senior center and must be filed at the Mayor's Office no later than January 31st of the fiscal year to participate in the program. Maximum annual abatement of property taxes shall not exceed \$600 for 54.54 hours. Program begins December 1 and ends November 30 or once the applicant earns gross wages of \$600. Abatement is applied to the first tax bill of the following year. Applicants must apply and be subject to the lottery process annually for participation in the program.

Questions? Call Erica at 781-586-8618.

BOOK CLUB

Calling all readers! We will be starting a book club beginning Monday, December 11th at 9:30AM. The first meeting will help us plan how often we will meet, and the content we wish to cover. If needed, we can help set up tablets or e-readers with the library or reserve copies. If interested please sign up with Erica or Rosa in the Senior Center.



MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn & Soda

Wide Screen Plasma Home Theatre System

Dec 6	The Coopers	2015	PG-13	107 mins
Dec 13	NO MOVIE HOLIDAY PARTY			
Dec 20	A Christmas Carol	1984	PG	100 mins
Dec 27	The Polar Express	2004	G	100 mins



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.





WE MAKE IT HAPPEN

Call for a free Consultation Or Visit us online

Home Health Services

45 Albion Street • Wakefield MA 01880 • 781-224-3600
North Shore Offices Phone: 978-774-2005 • 978-777-6009
www.BestMakesItHappen.com

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**YOUR
AD
HERE
CALL
TODAY**

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications
Subsidized Elderly Housing

Call 781-593-5700

HARBOR
90FT
ADAPTANTS

DECEMBER HAPPENINGS

- Tue Dec 5** Birthday Karaoke 11:30am—1:00pm
- Thu Dec 7** Presentation on Healthy Relationships 9:30am—10:30am
Sponsored by: North Shore Community College
- Thu Dec 7** **Boston Pops Holiday Show** \$60 2:30pm—7:00pm
Boston
- Fri Dec 8** Make Snowflakes with Stacey 10:00am
- Wed Dec 13** Holiday Party \$5 9:00am
- Thu Dec 14** **Ice Cream Social** \$0.50 1:00pm
- Tue Dec 19** La Salette Shrine Christmas Lights \$2 12:30pm—8:00pm
Lunch on own at Uno Pizzeria & Grill
- Thu Dec 21** Northshore Songsters 12:00pm
- Mon Dec 25** **SENIOR CENTER CLOSED
MERRY CHRISTMAS!**
- Thu Dec 28** Horseracing and Lunch at Brookdale 9:45am—12:00pm
Danvers
- Fri Dec 29** **New Year's Eve Party** 11:00am—12:30pm

PLEASE NOTE!

Please note that lunch times will be changed to
11:00AM—12:00PM starting December 1st.

THANK YOU TO OUR PULL-A-POP SPONSORS

A giant thank you to all the sponsors for our annual Pull-A-Pop! Thank you to...
Accurate Graphics, Lynn Ladder & Scaffolding, North Shore Navigators, Kings
Lynne, Resident Council, Tides Nahant Beach, Safeway Overhead Crane Service,
Delulis Construction Company, Lynn Housing Authority, Woods & Associates Insur-
ance, Kowloons, Ocean Transportation, The Blue Ox, North Shore Heating Supply
Company, David Solimine Funeral Services, Inc., Stonewood Tavern, Gallo Law
Office, Edible Arrangements, Atlantic Hearing Care, Inc., Edward Dancewicz, Lance-
lot Janitorial and Paper Products, Marcia Manz, Cindy LeBlanc, Farquhar & Black
Insurance Company!

ANNUAL HOLIDAY PARTY



Happy Hanukkah! Merry Christmas! Happy Kwanza!
WEDS, DECEMBER 13th, 2017

Tickets \$5

Doors open at 10am, dinner served at 11am

Senior Center will close at 2pm-book all rides for 1:30pm

Entertainment by Denise Doucette

Catered by Affairs Catering

Tickets on sale now, while supplies last.

Registered participants only, limited seating.

First come- First Serve.

This event is generously sponsored by the FRIENDS of Lynn Council
on Aging



**YOUR
AD
HERE**

**CALL
TODAY**

NEW YEAR'S EVE PARTY



DANCE PARTY 11AM

Friday, December 29th

Countdown to 12 noon

Sponsored by Jesmond Nursing and Rehabilitation Center,

Nahant

Hors d'oeuvres + sparkling cider



JESMOND
NURSING AND
REHABILITATIVE CARE

FREE BUSTRIP TO KITTELY OUTLETS

Cuffe-McGinn Funeral Home is sponsoring a free senior bus
trip to the Kittery Maine Premium Outlets.

Tuesday, December 5

The bus will depart the funeral home at 8:00am and will re-
turn at 4:00pm.

Please RSVP to Cuffe-McGinn by November 27th to reserve a
seat!

781-599-3901

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Rewarding Companionship

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Comfortable
in your
OWN HOME!**

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Caregiver.
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Angels' Focus is on you.
Visiting Angels

Wellness Watch December 2017

Over 9 million people ages 65 and older in America are diagnosed with diabetes. The majority of these have type 2 diabetes, which means that blood sugar levels are higher than normal and the body doesn't properly use insulin. Healthy eating, exercise and medicine all help to regulate blood sugar and reduce the complications of diabetes. As the holiday season begins, those with diabetes must take extra caution with their eating habits. Here are 10 guidelines for health eating:

- 1. Eat a variety of foods-** By "eating the rainbow" or a variety of fruits, vegetables, grains, dairy and meat and fish your body will get what it needs.
- 2. Eat meals and snacks regularly-** Many people eat 3 regular meals a day, every 4-5 hours, but some people may need to eat smaller meals, more frequently throughout the day, such as 4-6 times a day. Eating only one or two meals is not a great idea because this can cause both very high blood sugar after eating and very low blood sugar when you have not eaten for many hours.
- 3. Eat breakfast every day-** It is important to eat breakfast because it helps fuel the body after a long night of resting and fasting. Food in the morning will provide energy to start the day's activities and can even help to lose weight.
- 4. Eat about the same amount of food from day to day-** Steady eating habits can help to lose weight and help maintain an adequate, even amount of energy for the body throughout the day. It will also make it easier to manage your blood sugar and take medications at the same time every day.
- 5. Be aware of how much you eat of each food-** A portion is how much you put on your plate and a serving size is the amount we use to calculate the nutrients in our food. If a serving size of rice is 1/3 of a cup and if you eat a portion of 1 cup of rice, you have actually eaten 3 servings. This is not necessarily bad, but you should be aware of how much carbohydrate and fat you are eating so that you can make good choices.
- 6. Limit sweetened and sugary drinks**
- 7. Limit salty foods and use of extra salt**
- 8. Choose good fats that are better for your heart-** examples include olive and canola oil, avocados, nuts and seeds.
- 9. Go for whole grains-** whole grains include brown rice instead of white rice and whole grain bread and pasta instead of white bread and pasta.
- 10. Limit processed foods**

This information is brought to you through the Diabetes Self-Management Program, A Stanford Self-Management workshop

For more information about healthy eating and managing your diabetes contact Kelsey Magnuson-781-586-8530 to join a workshop!

SENIOR CENTER ACTIVITIES • DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
9:30-11:00 KNITTING & CONVERSATION	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-12:00 WATERCOLOR & ACRYLIC PAINTING	9:30-11:00 KNITTING & CONVERSATION
11:00-12:00 LUNCH	10:00-11:30 OIL PAINTING	9:30-10:30 BEGINNERS TAP	10:00-12:00 KIOSK (IN2L)	11:00-12:00 LUNCH
12:00-1:00 MOVE SAFE CLASS	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	11:00-12:00 LUNCH	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	11:30-12:15 EXERCISE CLASS (\$5)
12:00-1:00 SPORTS CLUB	10:00-11:00 UKULELE LESSONS	11:30-12:15 EXERCISE CLASS (\$5)	11:00-12:00 LUNCH	1:00-2:45 BINGO
1:00-2:45 BINGO	11:00-12:00 LUNCH	1:00 – 3:00 MOVIE	10:30-12:00 ACRYLIC PAINTING	
	12:00-2:45 POKENO	1:00-3:00 'PENNY ANTE' POKER	12:30-2:30 JAPANESE BUNKA EMBROIDERY	
	1:30 BILLIARDS CLUB		1:00 -2:00 FREE ZUMBA CLASS	
			2:00-3:00 HORSE RACE GAME	

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- Spacious 1-bed apartments
- Accessible by train and bus
- On-site maintenance
- Modern laundry/community room
- Accepting applications



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Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.

**SKILLED NURSING CARE * SUBACUTE CARE * PHYSICAL THERAPY
OCCUPATIONAL THERAPY * SPEECH THERAPY * RESPITE CARE**

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PEANUTS CHARACTERS

L	Y	P	I	G	P	E	N	E	L	N	E	U	C
L	C	W	O	O	D	S	T	O	C	K	S	R	G
W	I	H	L	Y	Y	L	T	P	A	A	A	S	C
T	Y	H	A	M	E	S	L	D	R	S	L	R	R
W	R	Y	R	R	W	T	E	H	R	E	L	V	E
P	P	E	E	O	L	I	E	L	N	S	Y	D	D
S	H	V	R	L	R	I	R	L	O	A	B	G	E
S	N	I	P	F	F	Y	E	P	F	S	R	R	O
I	R	O	P	P	R	T	C	B	U	E	O	O	R
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O	L	L	L	W	L	I	N	U	S	I	R	N	N
N	Y	O	A	T	N	W	L	E	S	L	L	O	H

CHARLIE BROWN

SNOOPY

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WOODSTOCK

LUCY

VIOLET

SHROEDER

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FRIEDA

PIG PEN

SHERMY



DECEMBER 2017

Requested Donation is \$2.00 per meal

Greater Lynn Senior Services COMMUNITY CAFÉ MENU – DECEMBER 2017

GLSS NUTRITION
781-586-8695

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE ALSO LISTED FOR THE ENTIRE MEAL, INCLUDING MILK, BREAD, AND DESSERT.	ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(more than 500MG). MEALS MARKED WITH ** ARE HIGH SODIUM(more than 1200 mg PER MEAL.		HAPPY HOLIDAYS!	1 Turkey ala king(184) Rice(200) Calories-675 Sodium-683 ALTERNATIVE Cheese pizza(340) Calories-610 Sodium-640
4 Broccoli cheddar bake(404) Home fried potatoes(194) Calories-830 Sodium-1000 ALTERNATIVE Roast pork(100) Calories-632 Sodium-670	5 Mild beef chili(455) Baked potato/cream(22) Calories-721 Sodium-(857) ALTERNATIVE Garlic chicken(116) Calories-733 Sodium-692	6 Salisbury steak/gravy(403) Soup/crackers(276) Calories-700 Sodium-1056 ALTERNATIVE Veg/cheese enchilada(300) Calories-650 Sodium-652	7 Roast turkey/gravy(450) Stuffing(212) Squash(20) Calories-876 Sodium-1131 ALTERNATIVE Pasta primavera(200) Calories-750 Sodium-663	8 Chicken parmesan(232) Pasta(20) Calories-730 Sodium-691 ALTERNATIVE Fried fish(120) Calories-700 Sodium-550
11 Stuffed shells/ sauce(505)* Salad/dressing(252) Calories(620)Sodium(988) ALTERNATIVE Chicken/yellow rice(280) Calories-600 Sodium-763	12 Chicken picatta(140) Soup/crackers(160) Calories-656 Sodium-716 ALTERNATIVE Carne guisada-(beef)(422) Calories-678 Sodium-990	13 Holiday Party Ticketed Event	14 Holiday special Roasted lamb/gravy Roasted red bliss potato Garlic green beans Cheese cake Roll Calories-813 Sodium-985	15 Swedish meatballs(375) Beets(83) Potato(107) Calories- 759 Sodium1123 ALTERNATIVE Honey lime chicken(116) Calories-679 Sodium-864
18 Potato Pollock/sauce(379) Soup/crackers(215) Calories-860 Sodium-1063 ALTERNATIVE Beef/onion(100) Calories-705 Sodium-720	19 American chop suey(316) Soup/crackers(159) Calories-848 Sodium-845 ALTERNATIVE Egg and cheese croissant(410) Calories-600 Sodium-710	20 Boneless pork/gravy(94) Soup/crackers(70) Calories-779 Sodium-572 ALTERNATIVE Veggie Shepherd's pie(135) Calories-692 Sodium-615	21 Chicken pot pie(134) Parsley potato(5) Calories-600 Sodium-471 ALTERNATIVE Bean and cheese burrito(250) Calories-600 Sodium-650	22 Turkey divan/pasta(157) Broccoli(10) Calories-841 Sodium-571 ALTERNATIVE Eggplant parm.(512)* Calories-745 Sodium-900
25 HOLIDAY NO MEAL SERVICE	26 Boneless cranberry chicken(328) Rice pilaf(93) Calories-725 Sodium-890 ALTERNATIVE Spanish meatballs(228) Pasta(20) Calories-707 Sodium-790	27 Pork hot dog/roll(886)* Coleslaw(167) Calories-757 Sodium-1335** ALTERNATIVE Macaroni and cheese(520)* Carrots(43) Calories-670 Sodium-820	28 Meatloaf/gravy(214) Soup/crackers(192) Calories-784 Sodium-1098 ALTERNATIVE Garlic fish(220) Spanish beans(200) Calories-783 Sodium-926	29 Lasagna/sauce(405) Soup/crackers(276) Calories-605 Sodium-960 ALTERNATIVE Chicharrones(pork)-310 Yellow rice(180),soup Cal.-800 Sodium-1077

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Hair Salon

SOPHIE'S SALON

WEDNESDAYS

9:00 AM—1:00 PM

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

WALK-IN OR APPOINTMENTS

**KIOSK FOR
LIVING WELL**
EVERY **TUESDAY &
THURSDAY**
10:00 AM—12:00 PM

**MILLION HEARTS
NURSE**
**2ND TUESDAYS &
4TH THURSDAYS**
10:00 AM—12:00 PM

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

PODIATRIST



Thurs., December 7th

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD SUGAR & BLOOD PRESSURE

Every Wednesday

8:00 am - 9:00 am



LYNN COUNCIL ON AGING SENIOR CENTER

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